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CALGARY metro®

NEWS WORTH SHARING.

Girl left inside sweltering vehicle dies

The three-year-old child was rushed to hospital in Edmonton Tuesday night after being left in a stifling vehicle PAGE 4

'It's crazy stuff'

Four years ago, the man RCMP say planned a Canada Day terror attack at the British Columbia legislature was too drunk and violent to be kept on as the guitarist in a heavy-metal band PAGE 10

The (legal) business of marijuana

As legalization gathers pace across the world, many believe weed represents the next great industry PAGE 12

WITH MORSI TOPPLED, CAIRO ERUPTS

THOUSANDS OF EGYPTIANS TAKE TO THE STREETS IN JUBILATION AFTER THE PRESIDENT IS OUSTED BY THE MILITARY PAGE 8

HAT FIT FOR THE MAYOR

Byron Hussey of Smithbilt Hats makes sure everything's just right on Mayor Naheed Nenshi's freshly reshaped headpiece. The mayor made the famed Calgary hat shop the last stop on a mini-shopping spree Wednesday afternoon, when he also picked up new boots and a Calgary Stampede "Hell or High Water" T-Shirt. The Stampede opens today at 5 p.m. for Sneak-a-Peek, and fully opens Friday.

ROBSON FLETCHER/METRO

Space cowboy set for Stampede

Parade marshal. Ex-astronaut Chris Hadfield says supporting Alberta flood victims will be top priority

JEREMY NOLAIS
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Chris Hadfield's first order of business when he sets foot in Calgary on Thursday will be to buy a Stampede "Hell or High Water" T-shirt in support of Alberta flood victims.

Like so many, the Canadian astronaut said he marvels at the resilience of thousands of Albertans affected by waters that surged two weeks ago to levels not seen in a lifetime.

"It brings out what people really find important," Hadfield told Metro in an interview Wednesday afternoon. "You collect things, you build a particular set of circumstances, but all of us realize in our heart of hearts ... what really matters are the people and how we help each other."

Now, the 53-year-old space cowboy will spend four days helping kick off the 101st running of the Calgary Stampede, taking over parade marshal duties Friday morning for the second time after accepting an invitation from organizers while still in orbit aboard the International Space Station.

But the ever-modest Hadfield believes his accomplishments, which include three space flights, will take a back seat to a larger cause over the next 10 days.

"I see my role very much as one of support and service," said Hadfield, who has personal connections to the area with family in Calgary and having previously trained as a CF-18 fighter pilot in Cold Lake in the mid-1980s.

While orbiting the Earth for five straight months at nearly eight kilometres a second, Hadfield installed a "disaster cam" on the ISS that was first put to the test by Alberta's floods. The device snapped 25 images of the destruction from June 22 to 24 and relayed those images to help emergency planners on the ground.

But now Hadfield's focus is on the people and the Stampede itself, an event he regards as being world-class with a truly homegrown feel.

"I'm really pleased and honoured that the organizing folks asked me to come, that I could accept from orbit of all places, and I will do my absolute best, even with the weather doing such damage, to make it as out-of-this-world of an event as I can," he said.

Calgary's state of emergency to expire today

Fourteen days to the minute after it was declared, Calgary's local state of emergency is set to expire at 10:16 a.m. Thursday, and with it a host of extraordinary powers granted to municipal authorities.

"I don't anticipate at this time that we'll need to extend it," Mayor Naheed Nenshi said Wednesday, as the clock ticked down on the temporary expansion of government power.

The letter of the law allows for a wide range of otherwise illegal actions to address emergency situations, but local authorities have been "very judicious" in applying that power, according to Calgary Emergency Management Agency director Bruce Burrell.

"We haven't conscripted anybody. We haven't seized property. There are a number of powers under the act we haven't used," he said.

Many of those powers are designed for smaller communities that don't have the same resources as Calgary to respond to emergencies, Burrell noted.

"You would only apply powers in situations where you absolutely have to," he added. "If we ever had to conscript people, that's pretty scary."

The only other time the city has activated the powers under Alberta's Emergency Management Act was during the 2005 flood.

ROBSON FLETCHER/METRO

From this room, Calgary resists, regroups, rebuilds

New facility. Calgary's Emergency Operations Centre has been up for less than a year

DARREN KRAUSE
darren.krause@metronews.ca

It's a lot like an anthill.

On the surface you see activity, people moving quickly about their business. Dig a little deeper and you'll find a subterranean nest of activity — sometimes more than 100 people — each with a critical task during an emergency.

When the City of Calgary warned of imminent flooding on June 20, a local state of emergency was called and the city's new Emergency Operations Centre (EOC) went into action.

All of the city's member agencies are brought together in one place to ensure the city continues to operate in the face of any major disaster.

"Anybody that we need to control an emergency incident in the city of Calgary is sitting in that room because they can make key decisions," said Calgary Emergency Management Agency (CEMA) director Bruce Burrell.

Mayor Naheed Nenshi, who set up his base of operations at the centre during the recent flooding, said once everyone is at the EOC, the objective is clear.

"It operates on a pretty simple principle," he said. "Throw everyone together so that you can solve problems quickly."

On a rare tour inside the city's newly constructed $45-million CEMA facility in the northeast Calgary community of Crescent Heights, Burrell pointed out several meeting rooms, a fully operational backup 911 centre and other hubs before directing attention to its central nervous system.

He called it the "ops room."

Prior to a quick look inside, Burrell warned: No disruptions. We're not to talk to the people inside. Those moments are precious in the face of a major catastrophe.

On a typical day, the EOC houses 25 staff. At the height of the Calgary flooding, Burrell estimated nearly 200 people were working in and around the ops room. The day of the tour, it was down to 110.

People from each of the city's business units, along with agencies like Enmax, ATCO, Alberta Health Services and industry groups congregate in this bunker and direct the emergency response and essential services throughout the city for the first 72 hours of any extended emergency.

Burrell said it's critical to have those essential to city business stationed at the EOC.

"When you're deploying thousands of people in response mode and trying to make sure you're matching the right asset with the right need, it takes a lot of co-ordination," he said.

Nenshi likened it to Whack-a-Mole. He said one person will stand up from their cubicle and shout out an emerging need, and another would stand up to address that need.

"That's really the remarkable thing about it," he said.

The new building opened in November 2012. Nenshi said the previous, temporary building operated on the same quick-solutions premise but had neither the size nor the technology. It could only hold a fraction of the people and had a very different technical setup. The new EOC was well worth the cost, Nenshi admits in retrospect.

"You know, I was complaining a little bit at budget time about some additional operating budget tasks," Nenshi said, referring specifically to a new corporate data centre. The city's corporate data centre was compromised during the recent flood.

The disaster wouldn't have been handled any differently, Nenshi said, aside from more cramped quarters and a slower release of information.

"I'm confident the people would have been there; they just would have been a lot less comfortable," Nenshi said.

The "ops room" at the Emergency Operations Centre in Crescent Heights operates 24/7 when disaster strikes. Nearly 200 people were working in this area at the height of the Calgary flooding. DARREN KRAUSE/METRO

Nexus of power

"Anybody that we need to control an emergency incident in the city of Calgary is sitting in that room."

Director Bruce Burrell of the Calgary Emergency Management Agency

Breaking norms

Calgary's response to be a model for others: Crisis chief

Calgary's swift response to massive flooding will be studied by others cities and their crisis teams, says the head of the Calgary Emergency Management Agency.

Bruce Burrell believes breaking some of the traditional methods of disaster response has helped the city get back on its feet so quickly.

"I think the state at which we've been able to recover — we broke some of the norms," said Burrell, pointing to self-regulation of volunteers and allowing people into homes before having damage assessed.

Burrell said running recovery simultaneously with emergency has worked and that it's now a best practice.

"I'm very pleased that the model we've put in place ... actually does support recovery at the rate that we hoped," he said.

The response wasn't perfect, Burrell acknowledged, but he believes the huge success they've had will attract attention from around the world.

"Here we are, 12 days later. I believe (compared) to what we've accomplished here, a lot of municipalities ... would still be struggling with determining how they're going to let people re-enter their homes in this time of emergency."

DARREN KRAUSE/METRO, WITH FILES FROM KATIE TURNER AND JEREMY NOLAIS

Flood may force kids to go to other schools

Contingency plan.
Cracking foundation and trashed walls and flooring among the many challenges

JEREMY NOLAIS
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Catherine Bell with her sons Michael and John Brown, left, and family friends Madison and Ethan Aime in front of the flood-damaged Rideau Park School on Wednesday. JEREMY NOLAIS/METRO

Calgary Board of Education officials have begun drafting a contingency plan to house roughly 600 kids in the event their flood-ravaged schools aren't able to reopen in time for fall classes.

The flooding at both Rideau Park and Elbow Park Schools is likely the first ever encountered by the board, said Frank Coppinger, CBE superintendent for infrastructure.

He said that based on initial reports, Elbow Park appears in worse shape, having suffered "extensive cracking" in the foundation caused by water from the surging Elbow River.

CBE officials will get their first chance to assess damage at that school on Thursday, Coppinger said.

Rideau Park, meanwhile, appears to have been spared structural damage but "there will be extensive cleanup and replacing of flooring and walls," he said.

Parents from both schools — all students attending Elbow Park eventually transition to Rideau — gathered Wednesday morning to voice their concerns to CBE officials and offer up their own time to help remediate the schools, despite many of their own homes being flooded as well.

Catherine Bell's sons Michael and John Brown currently attend Elbow Park, and her home was also flooded, with water coming just shy of breaching the main floor.

"I had two crying boys last night.... For them, it's more seeing their friends so upset, seeing their community so upset," she said.

If the schools don't reopen in time for fall classes, it will no doubt pose a challenge to relocate students, given that the CBE is already requesting funding for an additional 25 schools by 2018 to meet capacity targets.

Coppinger said it's the board's "fervent wish" to keep students from Elbow Park and Rideau together.

"We want to be able to move them en masse, if you will," he said, before adding, "Hopefully it won't come to that."

Catholic schools

The Calgary Catholic School District feared three schools may have been damaged but found that St. Monica and Our Lady of Lourdes stayed dry, according to spokesperson Janet Corsten.

- **St. Mary's High School,** nestled against the Elbow River, did suffer damage; however, Corsten said officials anticipate reopening it in time for September.

Losing $160,000 a day. Devastated, Calgary Zoo lays off about half its staff

Calgary Zoo officials broke difficult news to nearly 300 workers, or about half of its total staff, on Wednesday, telling them that their positions were being terminated.

This comes as the zoo stares down $50 million in damages caused by flood waters that surged over all 32 acres of its island, causing damage to 40 buildings and animal enclosures.

Officials estimate they will also lose $10 million in revenue in the months ahead and won't start turning a profit again until April.

The zoo will begin reopening in phases at month's end but likely won't be fully operational until November — even then, that date is only tentative, cautioned spokesperson Lindsey Galloway.

"We literally don't have work for most of our people," Galloway said. "We are losing $160,000 a day; we just had to take that kind of action for the sake of the zoo."

The zoo lost its piranhas, tilapia, a pot-bellied pig and four peacocks because of the flood. However, officials have said that many more animals would have died if not for the heroic actions of numerous employees.

In one instance, animal-care staff swam with high-powered rifles into the area where the zoo's hippos live, fearing the dangerous animals would get free. No zookeepers were included in the layoffs Wednesday, but Galloway said "every single department" was affected.

In all, 126 seasonal employees, many of them summer students, were laid off, along with 161 permanent part-time and full-time members.

Galloway said the zoo hopes to hire back some of the staff when they fully reopen.

JEREMY NOLAIS/METRO

Damage at the Calgary Zoo was still apparent days after the waters had receded. METRO FILE

Change your perspective on the best way to book a flight online.

WESTJET

Budget. SAIT will freeze executive pay, hold steady on enrolment, programs

Unlike fellow major Calgary post-secondary institutions, SAIT will hold the line on programs offered, students enrolled and faculty on the payroll this fall.

But the polytechnic will freeze pay for executives and managers, ask each department to cut its own budget two per cent and rely on the school's "amazing entrepreneurial spirit" to generate additional revenue, all in an effort to stave off funding cuts laid out in the March provincial budget, according to spokesperson Anika Van Wyk.

SAIT's 2013-14 budget was passed last week but has yet to be made public.

Van Wyk added the budget decision was fuelled by "making sure we didn't change what we do best, which is putting students first and making sure they have the relevant programming they need to succeed."

But students from other schools that have been forced to make changes — Mount Royal University suspended eight programs and the University of Calgary is slashing enrolment in the arts and health studies — have been quick to question why SAIT's overall piece of the provincial funding pie was not cut as heavily.

But Van Wyk contended SAIT's technical grants should not be included in the funding picture because they are based on economic need and negotiated with industry, which funds the bulk of trades learning.

"It's not an apples-to-apples comparison," she said.

JEREMY NOLAIS/METRO

In numbers

- SAIT did take a 7.3 per cent cut to its Campus Alberta grant; however, it received a 14 per cent hike in technical grants and a two per cent increase in infrastructure maintenance funding.

Girl dies after being left in sweltering vehicle

A memorial for a three-year-old who died after being left in a car in Edmonton on Tuesday grows outside the townhouse complex where she was found.

ANNALISE KLINGBEIL/METRO

Three years old. Dead child was one of four children pulled from hot vehicles on Tuesday

ANNALISE KLINGBEIL
Metro in Edmonton

A three-year-old child rushed to hospital Tuesday night after being left in a vehicle as temperatures soared above 30 C has died, Edmonton police told reporters Wednesday.

The homicide unit is investigating the death of the girl, who was found in a parking lot around 6:40 p.m. on Tuesday.

Police confirmed the child died in hospital around 8 p.m. Tuesday evening.

At a press conference on Wednesday, police released few details about the case, noting it's very early in the investigation.

"It's a horrible tragedy obviously for the family. It's very difficult for the first responders," said EPS acting Staff Sgt. Scott Jones.

The child's death happened just hours after Edmonton police did a demonstration on Tuesday to show how quickly temperatures can reach 50 C in a car during the extreme heat.

The girl was not the only Edmonton child found in a sweltering vehicle on Tuesday. In a separate incident, an Edmonton mom was charged after three boys under the age of six were found in a vehicle in a parking lot Tuesday afternoon.

Acting Sgt. Barry Fairhurst said it's unknown how long the children, who were OK and did not require hospitalization, were left in the vehicle.

"A moment of convenience isn't worth a lifetime of regret," he said.

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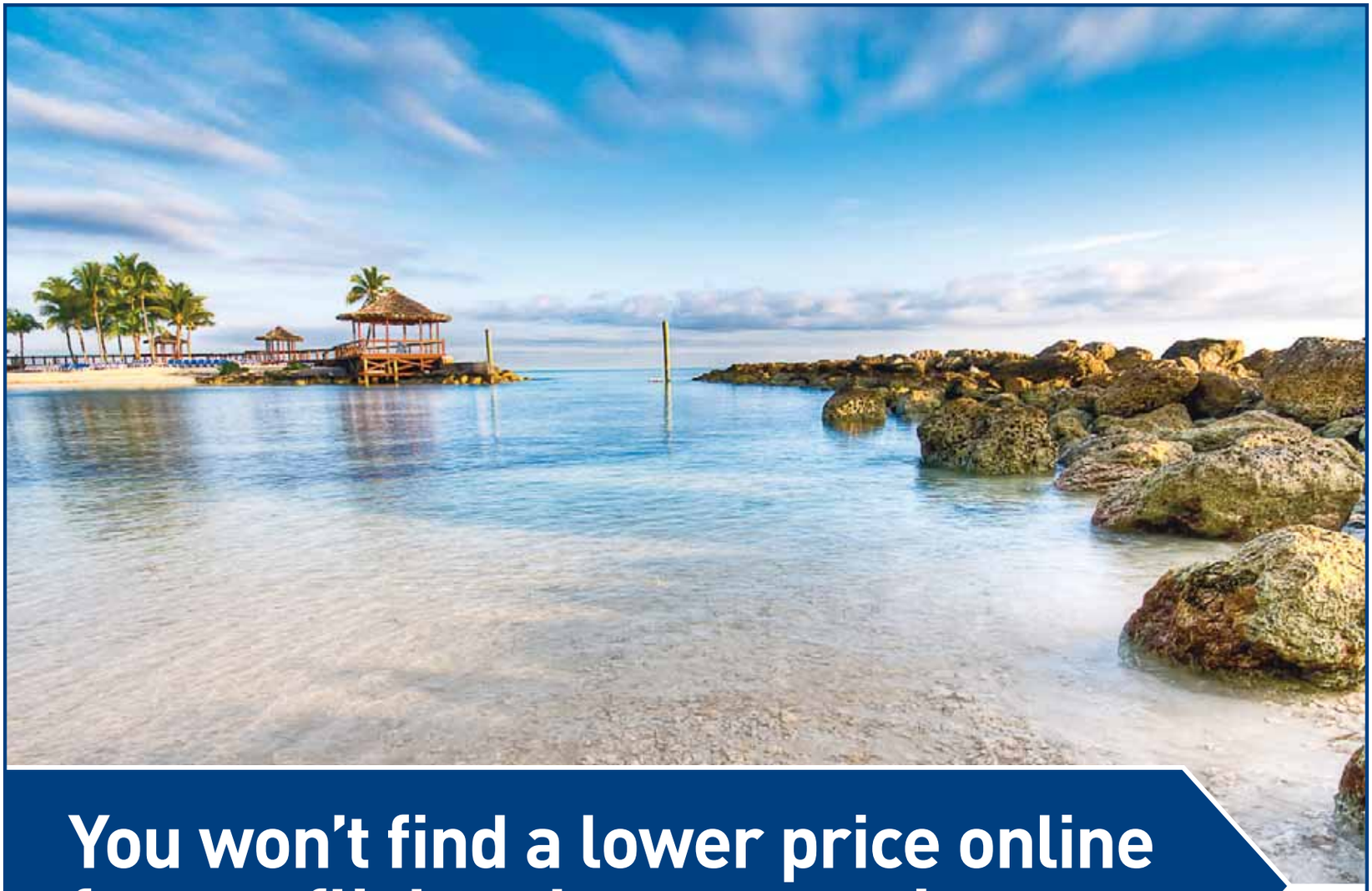

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RCMP outline how to get seized guns back

High River. Gun owners must show Possession Acquisition Licence

Mounties have outlined the process for flood evacuees in a flooded southern Alberta town to get their seized firearms back.

The Mounties took the guns as officers searched homes in High River's flood zone to look for flood victims, pets and anything that might pose a threat to returning residents.

Some residents were up in arms that police seized their guns, and the office of Prime Minister Harper issued a directive to Mounties demanding the weapons be returned as soon as possible.

Quoted

"Many gun owners whose weapons were secured have expressed appreciation to the RCMP."

From an RCMP news release

The RCMP say people must present a Possession Acquisition Licence to get their weapons.

If they don't have that with them, police say they can verify the licence through the Canadian Police Information Centre computer. Mounties say if people never had the licence, the guns can be securely stored in the police detachment until the person applies for and gets the licence. THE CANADIAN PRESS

A camerawoman records the outflow of several large pumps on Wednesday as they drain a large area of floodwater in High River. JEFF MCINTOSH/THE CANADIAN PRESS

For Albertans directly affected by the recent floods, **there's help.**

The Alberta Government is making relief funding available for those whose primary residence or businesses have been damaged or destroyed by the Southern Alberta floods.

For immediate day-to-day needs

Pre-loaded debit cards for any flood-displaced Albertan who has been out of their home for seven (7) days. For those who qualify, these cards are for urgent daily needs and living expenses.

For repairing and rebuilding

There is disaster recovery funding available to help Albertans restore property damaged by flooding.

For full details on where to apply and what you'll need,

visit alberta.ca or call 310-4455 toll-free.

Alberta Government

Event. '100 girls' donate $100 each to charity to take part in bikini contest

Bikini-clad cowgirls will be lining the streets of Inglewood once again for #bikiniespy.

The event, hosted by espy clothing store, will see 100 women line up outside the store on 9th Avenue to raise money for the Special Olympics, and nab themselves a $500 Stampede-style outfit.

Spokesperson Tianna Stevenson said registration is full for the July 6 event and the store has already raised $15,000.

"We've asked 100 girls to register online to be part of the event and they donate $100 when they register," she said.

"They get to be part of the bikini espy lineup, which means that they get to be styled in a $500 Stampede outfit that has been hand-picked by the espy stylists."

She said this year's event will also benefit flood victims, with $1 from every retweet of the #bikiniespy hashtag donated to the Calgary Foundation's Flood Rebuilding Fund. Participants affected by the flooding will also leave with extra surprises.

Check-in for participants begins at 7:30 a.m. in front of the store at 1009–9 Ave. S.E. The first group will be styled at 9 a.m.

To learn more, go to espyexperience.com/bikiniespy.

KATIE TURNER/METRO

Bikini-clad cowgirls line up outside espy at the inaugural #bikiniespy last year. CONTRIBUTED/TIANNA STEVENSON

Near Canmore

Woman dies after falling on hike

Emergency crews have recovered the body of a Calgary woman who is believed to have fallen while hiking near Canmore.

RCMP received a call about an overdue hiker at about 10 p.m. Tuesday, but due to the late hour were unable to conduct a search until Wednesday morning.

After conducting an aerial search of Yamnuska, the woman was found on the east face of the mountain.

RCMP say it appears she fell about 120 metres. Her name is being withheld.

METRO

Flood aftermath

Ottawa should probe bridge incident: MP

An Opposition MP wants Transport Canada to investigate the near-collapse of a flood-damaged CP rail bridge in Calgary to see if tough new rail safety regulations were broken.

New Democrat Transport critic Olivia Chow says someone needs to be held responsible after several petrochemical-laden cars were stranded on the bridge after one of its piers sank.

THE CANADIAN PRESS

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To help further, TD has donated $100,000 to the Canadian Red Cross and will also be accepting donations on behalf of the Red Cross at all TD Canada Trust branches until July 26, 2013. We also invite Canadians to donate loose change at any of over 300 TD Coin Counter locations - free to everyone during this time. Additionally, TD will match all donations made through TD Canada Trust up to $100,000. Visit td.com/coin

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Egyptians jubilant after army gives Morsi the boot

Overthrow. Chief justice of Supreme Constitutional Court will step in as interim president, military says

The armed forces ousted Egypt's first democratically elected president on Wednesday after just a year in power, installing a temporary civilian government, suspending the constitution and calling for new elections. Islamist President Mohammed Morsi denounced it as a "full coup" by the military.

After the televised announcement by the army chief, millions of anti-Morsi protesters in cities around the country erupted in delirious scenes of joy, with shouts of "God is great" and "Long live Egypt."

Fireworks burst over dancing crowds and waving flags in Cairo's Tahrir Square, epicentre of the 2011 uprising that ousted autocrat Hosni Mubarak. It was one of multiple centres of a stunning four-day anti-Morsi revolt that brought out the biggest anti-government rallies Egypt has seen.

But the move potentially throws the country into further confrontation.

Some of Morsi's Islamist backers, tens of thousands of whom took to the streets in recent days, have vowed to fight to the end.

Gehad el-Haddad, a spokesman for the Islamist Muslim Brotherhood party, said Morsi was under house arrest at a Presidential Guard facility where he had been residing.

THE ASSOCIATED PRESS

Egyptians celebrate at a Cairo teahouse after army chief Gen. Abdel-Fattah el-Sissi's announcement Wednesday that President Mohammed Morsi will be replaced. Egypt's military has suspended the Islamist-backed constitution and called early elections. HIRO KOMAE/THE ASSOCIATED PRESS

Twitter reaction

Tahrir Square Nation @tahrirsqrnation
We're not celebrating an ending, we're celebrating a beginning.

The Big Pharaoh, blogger @TheBigPharaoh
If you want to topple your president, get a bunch of Egyptians. They'll do the job very well. They're very experienced now.

Tarek Shalaby, blogger @tarekshalaby
I'm shocked at activists cheering on the army's coup and the subsequent crackdown of Islamists like it's all part of #Jan25! Unbelievable!

Dr. Hellyer, academic @hahellyer
I'm concerned about the backlash by, and against, the #MB, and any violence. I'm worried the MOI and the military will get a blank cheque.

N.L. No injuries after water bomber goes down

Two pilots are safe after a water bomber ended up in a lake Wednesday while fighting forest fires near the western Labrador town of Wabush.

Newfoundland and Labrador's Department of Transportation and Works says officials were notified that a Bombardier 415 water bomber was involved in an incident while picking up water at Moosehead Lake.

It says in a news release that both the pilot and co-pilot did not sustain any injuries as a result of the incident.

The province says it won't comment further and the incident has been reported to Transport Canada and the Transportation Safety Board. The province will also conduct its own investigation.

Quoted

"When the aircraft was riding along the surface of the water, picking up water, it appears that something went amiss and the aircraft had an incident and impacted the water."

Bruce Mullen, Transportation Safety Board

Bruce Mullen of the Transportation Safety Board's Atlantic region office said preliminary reports indicate something happened as the aircraft was taking on water for a bombing run.

THE CANADIAN PRESS

Latin American leaders fume over diversion of Bolivian plane amid Snowden suspicions

The European rerouting of the Bolivian presidential plane over suspicions that National Security Agency leaker Edward Snowden was aboard ignited outrage Wednesday among Latin American leaders who called it a stunning violation of national sovereignty and disrespect for the region.

But as President Evo Morales headed home after an unplanned 14-hour layover in Vienna, there was no immediate sign that Latin American anger would translate into a rush to bring Snowden to the region that had been seen as likeliest to defy the U.S. and give him asylum.

Snowden was still believed to be in the transit area of Moscow's international airport. As his case grinds on, it appears to illustrate the strength of U.S. influence.

Morales' plane was diverted to Vienna Tuesday after his government said France, Spain and Portugal all refused to let it through their airspace because they suspected Snowden was on board.

Morales had sparked speculation that he might try to help Snowden get out during a visit to Russia after he said that his country would be willing to consider granting him asylum.

Austrian officials said Morales' plane was searched early Wednesday by Austrian border police after Morales gave permission. Bolivian and Austrian officials both said Snowden was not on board. THE ASSOCIATED PRESS

Bolivian President Evo Morales enters his plane in Vienna on Wednesday. The plane was rerouted to Austria after various European countries refused to let it cross their airspace because of suspicions that NSA leaker Edward Snowden was on board, Bolivian officials said. HANS PUNZ/THE ASSOCIATED PRESS

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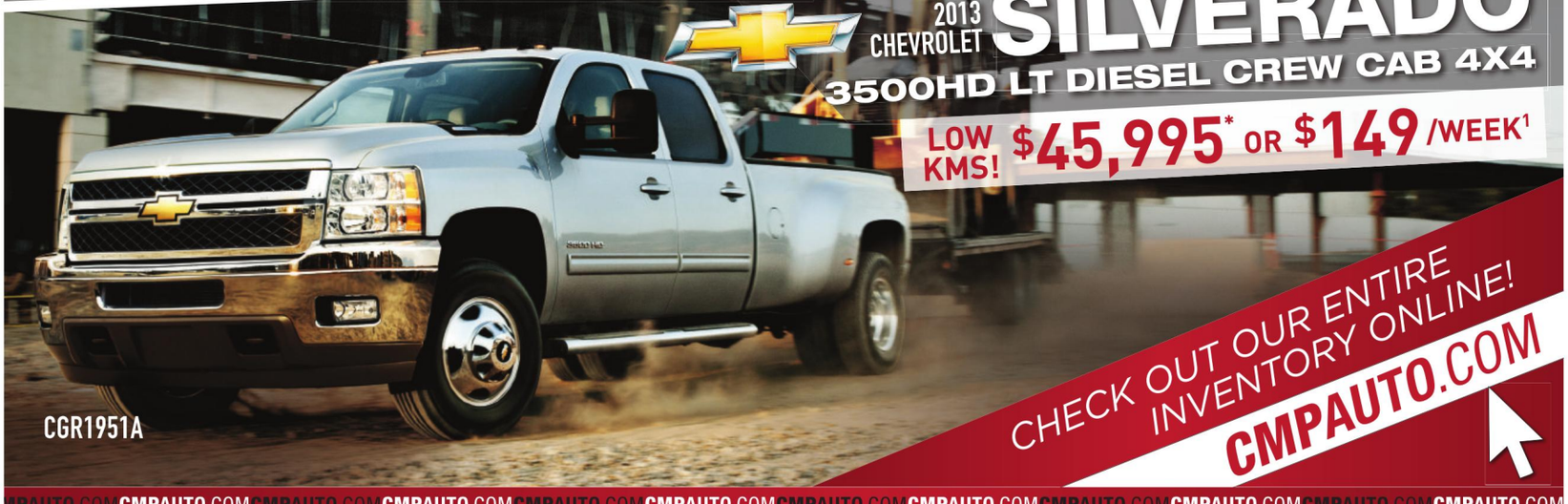

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Wisconsin court ruling

Parents who chose prayers over doctors properly convicted

Parents who prayed instead of seeking medical help as their daughter died in front of them were properly convicted of homicide, the Wisconsin Supreme Court ruled Wednesday.

Eleven-year-old Madeline Kara Neumann died of undiagnosed diabetes on Easter 2008. Prosecutors said her parents ignored obvious symptoms of severe illness, choosing to pray rather than take her to a doctor. After the girl died, her mother Leilani Neumann told police God would raise the child from the dead. Doctors testified the child would have had a good chance of survival had she received medical care.

The couple was charged with second-degree reckless homicide. THE ASSOCIATED PRESS

Cleveland, Ohio

Suspect in rape, kidnapping case ruled fit for trial

A man charged with holding three women captive in his Cleveland home for about a decade and raping them is competent to stand trial, a judge ruled Wednesday.

Judge Michael Russo said the results of an examination of Ariel Castro last week showed that he is mentally able to understand the charges and assist attorneys in his defence.

Also Wednesday, prosecutor Saleh Awadallah said a meeting is planned July 11 to discuss the possibility of seeking the death penalty for Castro, 52, who faces aggravated murder charges stemming from allegations that he caused the deliberate termination of one of the women's pregnancies. THE ASSOCIATED PRESS

Did alleged jihadist use drugs?

B.C. legislature.
Ex-bandmate recalls accused bomb plotter

John Nuttall BANDMIX.CA

Four years ago, the man RCMP say planned a Canada Day terror attack at the British Columbia legislature was too drunk and violent to be kept on as the guitarist in a heavy-metal band, according to a fellow musician.

But some time between March 2009 — after his failed tryout for The Lust Boys in Victoria — and this March, when an indictment says the bombing conspiracy began, John Nuttall allegedly became a home-grown terrorist inspired by al-Qaida to kill fellow Canadians.

"It's crazy stuff," said Colin Stuart, a.k.a. Tommy Thrust, who met Nuttall through a musician forum. "It doesn't really make any sense to me really, because back when he was in the band ... he never made any reference to religion at all. He was more into politics."

Nuttall did a month tryout for the band but they parted ways at the end of March 2009.

"It didn't work out, because basically Mr. Nuttall was extremely difficult to work with and he would always be at rehearsal completely either drunk or messed up on some kind of substance," Stuart said Wednesday.

Nuttall, 38, and his partner, Amanda Korody, were arrested on Monday and charged with three counts each in relation to an alleged plot to detonate bombs at the B.C. legislature in Victoria on Canada Day, as thousands celebrated the national holiday. THE CANADIAN PRESS

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Thou shalt not gouge

Canada's major wireless carriers want to overturn provisions in the new wireless code of conduct that would apply terms of the code to contracts signed before the rules come into force on Dec. 2. The CRTC said Wednesday that customers can terminate their contracts after two years without penalty, even if they signed on for longer. CARLOS OSORIO/TORSTAR NEWS SERVICE

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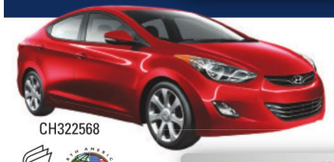
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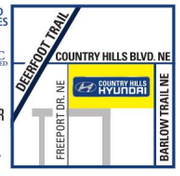

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Hashing out a plan. U.S. weed retailers set their sights on a pot of gold

Weed has come a long way from student parties and police evidence rooms, and as legalization gathers pace across the world, many believe it represents the next great industry.

"Marijuana is like a gold rush … and I would like to be the Coca-Cola brand," says Jamen Shively, a former Microsoft executive who is now preparing to launch Diego Pellicer, the largest retailer yet. "After we launch in Washington (state), we will replicate that model throughout the Americas and Western Europe."

With supporters including former Mexican president Vicente Fox, Shively is confidently projecting profits of more than $100,000 US from the first month of operation, which is likely to be in early 2014. "It's the most consumed illicit substance in the world — and the golden rule of marketing is, 'It's better to be first than best.'"

Medical marijuana alone is worth $2 billion US in the U.S. and grows 24 per cent each year. Last year, Colorado and Washington became the first U.S. states to legalize the drug for recreational use, and with more states set to follow suit, momentum and commercial opportunity is growing.

"I would expect the first stores for recreational use to open in January (2014)," says Dan Riffle, deputy director of government relations for the Marijuana Policy Project. "After that, you could see the federal government legalizing within four to five years."

When most people think of weed retailing, they think of grow supply shops. But a U.S. executive now wants to launch a chain of stores to sell the finished product. GETTY IMAGES FILE

KIERON MONKS/METRO WORLD NEWS

Television

Netflix signs new deal with PBS

Netflix Inc. said it has agreed on an expanded multi-year licensing deal with PBS Distribution, making more PBS programming available to its subscribers in the U.S. and Canada. Starting in the fall, Netflix will have exclusive streaming rights to U.K. murder mystery series The Bletchley Circle. The deal also covers documentaries from filmmaker Ken Burns.

THE ASSOCIATED PRESS

Market Minute

DOLLAR 95.15¢ (+ 0.35¢)

TSX 12,145.68 (-32.70)

OIL $101.24 US (+$1.64)

GOLD $1,251.90 US (+$8.50)

Natural gas: $3.69 US (+4¢)
Dow Jones: 14,988.55 (+56.14)

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All submissions will be treated as confidential.

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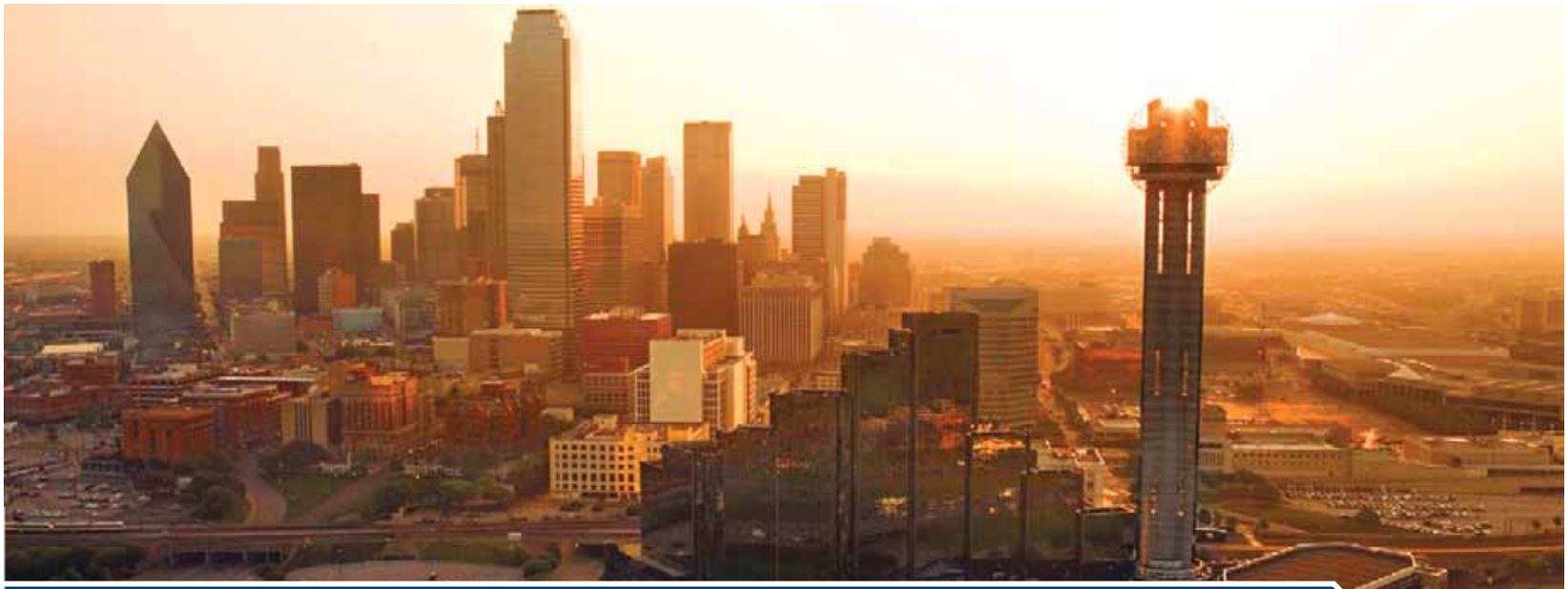

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WHY WORK ISN'T WORKING

HE SAYS

John Mazerolle
metronews.ca

Beer commercials have lied to me about Canadian youth.

If the ads are true, then Canucks should be gallivanting around the world trying to dethrone Australians as the World's Most Obnoxious Tourists. But instead, I keep reading about highly qualified Canadian students with low-paying, miserable jobs.

It's hard to gallivant at $8 an hour.

Sometimes it's even an unpaid internship, where you get the opportunity to hear about "your" generation's sense of entitlement from a paid, union-shielded employee who calls in sick every time hockey goes to overtime.

My advice? Don't let these people talk down to you. Let me talk down to you. Follow my example and you can see how these early, difficult steps can be a stairway to success.

Be innovative. My first job was in newspapers — in the vital delivery sector — and at age 10 I was on the vanguard of innovation.

Papers were much thicker then, because they had to protect the TV listings, also known as the heart of the industry. You could get a story completely wrong and you might get three angry letters, each containing the words "standards" and "all my years."

But if the TV schedule was missing, you could count on a large mob of elderly women carrying pitchforks and torches demanding blood and/or a free subscription. (Usually the newspaper would sacrifice an unpaid intern.)

And here's where I got innovative: When the newspapers were especially heavy, I would pick up the full bundle and toss it into a ravine, then say the papers never arrived. I believe this was the earliest iteration of "I never got your email," an accomplishment for which I am duly proud.

Leverage your relationships. The BiWay doesn't exist anymore, but it was the sort of store that specialized in cheap socks and boxes of crushed cookies. The customers thought I was an idiot because I worked there, and I thought they were idiots because they were shopping there.

I was as awkward around the customers as possible so that my boss would put me in the storeroom where I could count things and not talk to anybody.

I could have been an accountant, but decided the best job for somebody who didn't want to talk to anybody was the media.

When you find a job you like, cling to it. One day during my first year in journalism, a stranger started yelling at me for the unforgivable sin of being a reporter. He made airplane parts and said, "You know, if we made as many mistakes as you people, a lot of people would die!"

After lamenting the loss of so many hypothetical people, I realized he hated me without even knowing me. It was then I knew I loved journalism.

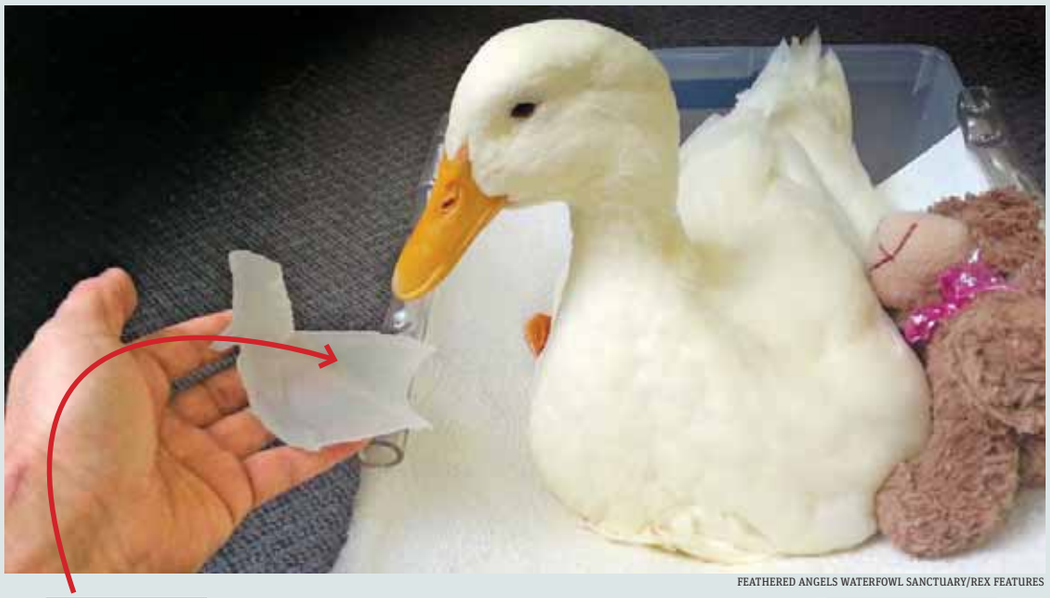
So, as you can see, with the right attitude you too can work in miserable jobs for a decade or more so that you can end up in a job where people think that you're pond scum.

I trust my story has inspired you, perhaps to tears. If not, have a beer to forget.

When I read about the working struggles of today's youth, it just makes me ill. I think I'll call in sick.

ZOOM

Put your 3D-printed foot forward



FEATHERED ANGELS WATERFOWL SANCTUARY/REX FEATURES

Cheer up, Buttercup: Lucky duck gets prosthetic foot

When Buttercup the duck was born with his left foot turned backwards, he seemed destined to hobble.

But, thanks to cutting-edge 3D printing technology, the white duck now has a brand new webbed prosthesis. Buttercup was born with his disability at a high school biology lab before being handed over to Arlington, Tenn.-based Feathered Angels Waterfowl Sanctuary.

In February 2012, an 83-year-old woman in the Netherlands received a new 3D-printed lower jaw made from titanium. And in May of this year, South African carpenter Richard van As created a prosthetic hand — which helps people who have missing fingers. METRO

Ducking destiny

"There was always the big unknown of whether or not it would work and if he would accept it. If he didn't like the prosthetic, it wouldn't have mattered how many times I changed it."

Mike Garey, founder of the Feathered Angels Waterfowl Sanctuary

Path to prosthesis

- **Amputation.** First, Buttercup's disfigured foot was removed.
- **Mould and silicone.** Then 3D-printing specialists NovaCopy scanned the left foot of Buttercup's sister Minnie and printed a 3D mould used to cast a silicone foot.

Clickbait

ANDREW FIFIELD
andrew.fifield@metronews.ca

There's more to Google Street View than trawling dull streets hoping to catch a glimpse of LARPers or a saucy roadside transaction. Try dropping the little man on these famous buildings for a glimpse inside.

GOOGLE

Canada's Parliament:

Kick off your tour with a stroll across Centre Block floors polished to a glow and poke your head in the first-floor library. Sadly, the limits of technology prevent you from a Chrétien-style run up the stairs.

Burj Khalifa:

Whether it's the height or the cost of airfare that's making your knees weak, don't let it hold you back from experiencing a view of Dubai from the top of the world's largest building.

360 Cities:

Are you the type of person who sniffs at feats of architecture, what with their stench of humankind and all? Lucky for you the very cool site 360cities.net also hosts panoramic views of coral reefs, shipwrecks and aerial scenes captured by RC planes.

Comments

RE: 3D-Printed Gun Under Lock And Key At University of Toronto, published July 3

Plastic gun, BIG DEAL. Most of the bad things are in the stores for the buying, no questions asked. Last Boston marathon they were calling it a pressure cooker bomb filled with fireworks. Both are still around. I have the feeling that a computer isn't needed to make this plastic gun. **mikejb posted to metronews.ca**

Exactly. it's plastic. People can make real ones easily. What a pointless story. **Richard Bulmer posted to metronews.ca**

RE: Jennifer Lopez: Happy Birthday Mr. Human Rights Violator, published July 3

From American Idol judge to playing Turkmenistan. Sounds about right. **Dangerpayrayray posted to metronews.ca**

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SHOPPERS DRUG MART
SEE WHAT'S NEW... CHECK OUT OUR LATEST OFFER ON PAGE 16

Finding flood relief in the sounds of rock 'n' roll

Napalmpom. A fixture on the local rock scene for the last 18 months, this five-piece band is giving back with what they do best

BACKSTAGE PASS
Lisa Wilton
calgary@metronews.ca

There'll be big riffs and even bigger beards when Napalmpom takes to the stage at the Palomino on Thursday and Broken City on Friday. GOODCHILD

For the members of Calgary riff rockers Napalmpom, playing flood relief benefit shows isn't just a way of helping out the community, it's also a chance to say thanks.

The fun-loving five-piece was among thousands in the Mission area affected when the Elbow River overflowed two weeks ago.

"We lost our rehearsal space," explains guitarist, Shawn Petsche.

"But our dear friend played the hero and salvaged all of our gear, leaving personal items behind. We owe her so much. Her and people like her across Calgary are the reason we want to help as much as we can."

Since forming a year-and-a-half ago, Napalmpom has become a popular local draw with its boisterous, over-the-top guitar assault and entertaining live show.

Petsche says the band had originally wanted to take a break but couldn't say no to the many flood relief shows they've been offered since the Elbow and Bow Rivers burst their banks.

"I can't say for sure if we are helping folks cope with displacement and loss of memories, homes, money, on any kind of emotional level," says Petsche.

"But rock and roll has been an enduring and meaningful driver in my life, so I know that for me, a remarkable rock show can be a revelation that puts things in perspective and takes all of my troubles away."

Petsche has another reason to want to give back to the city's local music fans. As festival manager of the annual Sled Island Music & Arts Festival, Petsche was forced to pull the plug halfway through this year's event due to many of the venues being in the evacuation zones.

But instead of feeling devastated at the loss of a year's worth of work, Petsche was inspired by how people came together to help salvage some of the shows. Nicknamed Flood Island, homes, backyards, basements and unaffected venues hosted last-minute gigs, some of which still attracted hundreds of people.

Napalmpom singer P.J. Lavergne says it was a perfect example of the music community's ability to work together.

"I was going stir-crazy in an apartment with seven other evacuees ... when the opportunity came up," he says.

"Of course I wanted to play. Just watching the news and sitting there you build up all these emotions and energy and it was all before the clean-up began, so we were all feeling so helpless. It felt great to be able to channel all that and just hop on stage and yell and scream."

If you go...

- **Shows.** Napalmpom plays a fundraiser for the Calgary Humane Society on Thursday night at the Palomino as well as Broken City on Friday.
- **Proceeds.** From the Broken City gig will go to a friend who lost her belongings in the flood, but saved the band's gear from getting destroyed.

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Find great summer reading wherever books are sold.

Meek Mill. ALL PHOTOS GETTY IMAGES

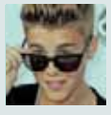
Meek Mill has to tighten up his Twitter game

Oh man, if only we could mandate half of the people we know on Twitter and Facebook to do this! A Philadelphia judge has ordered rapper Meek Mill to complete a series of etiquette classes to "refine his use of social media" at a probation violation hearing (for drug and gun charges) last week.

A cursory glance at Meek's Twitter reveals that the rapper is prone to tweeting explicit and kinda misogynistic recommendations for lady behaviour which, while gross, isn't much worse than the kind of stuff half the pimply teen boys across America post to their various social media outlets daily.

Twitter

@AmandaBynes
I'm In Love With Someone Else Who I Do Not Follow On Twitter Who Is The Most Gorgeous Man I Know But Drake Comes In Second



@justinbieber
interesting how some people in the media wanna take shots at me for no reason. all good. keeping it positive over here. all about the music

@ParisHilton
Packing up all my Summer clothes & favorite things to move over to my Malibu Beach house. #TheBu #BeachLife #SummerTime #Fun Loves it ;)

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Get it through your Thicke head, he's talking about his junk

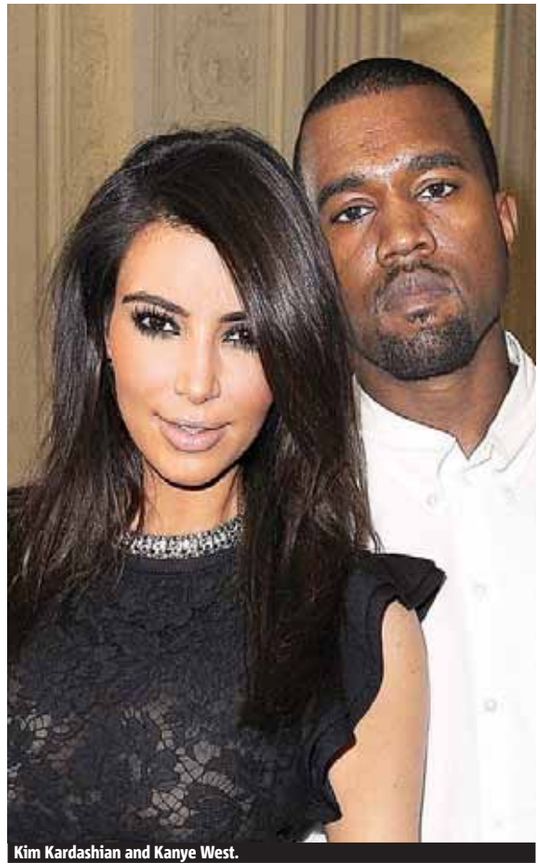
ALEXANDRA M. CAVALLO
Metro World News

Sometimes, when I remember that Robin Thicke's dad is Alan Thicke, I laugh a lot because, oh man, what would Dr. Seaver say? Dude used to blow a lid when Mike stayed up past 9 p.m. eating ice cream and here's Robin mouth-sexing a chocolate cone while eye-sexing half-naked models in the video for Blurred Lines.

Good thing, then, that Robin's real life isn't anything like an episode of Growing Pains, because I'm pretty sure Papa Seaver might actually have a heart attack when he caught wind of Robin's new song, which, if possible, is even more inappropriate than its predecessor.

The new joint Give it 2 U (because not spelling out full words is hella sexy, as everybody knows) features a guest spot by BET Awards-sweeper Kendrick Lamar and is about, uh, well, Thicke giving it to you. It being his big, thick, throbbing ... heart.

And here's the thing — despite being almost obnoxiously sexual (is that even a thing?) it's sort of a totally catchy jam. It'll get stuck in your head, much like Thicke plans to stick his ... never mind.



Kim Kardashian and Kanye West.

Kim and Kanye won't sell pictures of their kid

In one of the first public things Kim Kardashian and Kanye West have done in quite some time that didn't make us want to move to Siberia or some other place where people had more pressing matters (like foraging for food so as not to die) than Kim's pregnant cankles to worry about, the couple have not accepted a very large sum of money in exchange for the first photos of their newborn kid.

According to US Weekly, K Squared turned down a $3 million dollar offer for the very first pictures of North West — which is like three cents in Kardashian/Yeezy currency — but still.

It's a fairly decent move.

Unless, of course, they're holding out for a better offer. In which case, same old Kanye.

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SHOPPERS DRUG MART

A*M*E is the girl to be

Shoulder pads with 'POW!' The British singer has written tracks with Emili Sande and toured with Jessie J. She talks to us about her personal style

ROMINA MCGUINNESS
Metro World News

As a child, Amy Kabba, better known as A*M*E, fled a war-torn Sierra Leone and moved to London, where she discovered The Backstreet Boys, 'N Sync and Destiny's Child. And nope, she's not embarrassed to admit she's still a fan of '90s pop. The 18-year-old will be releasing her debut album later this year, but in the meantime, the BBC Sound of 2013 nominee opens up about her crush on Rihanna, love of Louboutins and the power of a bold lip.

As a new artist, is it difficult deciding on what your look will be?
You have to appear with a certain look, which is difficult because it's almost impossible to think of something that hasn't been done. But as a person, you grow and your style is going to change. My style is bold and bright. I once wore this Shara Hayz body suit with frosty shoulder pads that was so incredible.

I wear a lot of pieces that are like, "POW!" I like to take risks, and being a darker skin tone, bright clothes and accessories work well on me.

Are there any stages that you look back on and cringe?
I can never really say where my style will go. It evolves with me and whatever influences me at that time. When I was younger, everything used to have to match. I was addicted to Primark stripey tops. And having plimsolls that matched the stripey top. And wearing a ribbon in my hair to match the plimsolls and the top. It was horrible — my dark phase!

Given the chance, whose closet would you raid?
Rihanna's. I've got the biggest style crush on her. She wears a lot of things most people wouldn't dare to wear and she rocks them great.

I think we've got pretty similar tastes, so I think I could find some really nice outfits.

And if the offer came up, would you switch lives with Beyoncé?
Yes! She's the meaning of hard work and that's exactly what you need in this industry. She's where she is because she's incredible at what she does.

You moved to London from Sierra Leone as a child. Why did you leave?
My family fled the war in Sierra Leone and moved to London in the hope of a better life. I was really young so I don't remember too much, other than that it was really hot!

The three things she wears the most

Christian Louboutin Pigalle heels

"They're really sexy. It's a designer label so people see them and are like, 'She's really into her fashion!'"

Topshop super high-waisted 'Joni' jeans

"I'm really petite and these seem to be the only jeans that fit me perfectly."

KTZ gold cut-out letter gold necklace

"Off stage and during the day-to-day, I don't really wear a lot of jewelry but as A*M*E I wear way more."

The building blocks of her style

A bold lip

"I feel like wearing a pop of colour on my lips makes me stand out a bit more. I usually wear MAC Shy Girl lipstick with a bit of gloss on top."

High heels

"I'm a heelaholic. I can't stop buying shoes. It's not because of my height; I'm 5'2" and love being short. It's more about how the heel looks."

Oversized T-shirt dresses

"I love to wear oversized tops as dresses. I get most of mine from Ashish. It looks cool, it's comfortable and I find that it's really cute on smaller girls."

Scarves

"As a singer, it's important to keep your neck super warm. So I wear a lot of scarves from Topshop and Warehouse."

LIFE 3

Summer grilling, had me a blast — but uh-oh those chicken bites

ROSE REISMAN
for more, visit rosereisman.com or follow her on twitter @rosereisman

Grilling chicken during the summer months is a healthy, not to mention delicious, way to eat.

Ingredients

- 1 1/2 lb skinless boneless chicken breasts (about 4 to 6 breasts)
- 1 cup diced fresh pineapple
- 1/3 cup diced red bell pepper
- 1/3 cup diced ripe avocado
- 1/4 cup chopped fresh cilantro or basil
- 1 tsp lemon juice
- 1 tsp honey
- 1/2 tsp lemon zest
- 2 tsp olive oil
- 1 1/2 tsp low-sodium soy sauce
- 1/2 tsp finely chopped garlic

Grilled Chicken with Pineapple Salsa

This recipe serves six. ROSE REISMAN

Put a sweet fruit salsa over top and, voila, you have an entertaining entrée with an exotic addition.

Feel free to substitute the pineapple for mango, peaches or plums. Add a little jalapeno or hot sauce for an extra kick

1. Working with one at a time, place a chicken breast between 2 sheets of waxed paper and pound to an even 1/2-inch thickness. Set aside.

2. Prepare the salsa by combining the pineapple, red bell pepper, avocado, cilantro, lemon juice, honey and zest, olive oil, soy sauce and garlic in a bowl.

3. Preheat a barbecue to medium-high heat or lightly coat a large, nonstick grill pan with cooking spray and set over medium-high heat. Grill the chicken for 3 minutes per side or until no longer pink. Serve the salsa on the grilled chicken.

For your phone

Foodie Recipes (iPad/iPhone; free)

MIND THE APP
Kris Abel
@RealKrisAbel
life@metronews.ca

For their quintessential summer edition, Foodie cookbook editors have gathered an enticing mix of gourmet hot dogs, fruity cocktails, grilled tacos, outdoor salads, barbecue sandwiches and rich ice cream creations.

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- Build strong collaborative relationships with internal and external clientele
- Quality assurance of design and layout prior to sending to clients, high degree of accuracy

REQUIREMENTS OF THE POSITION:

- Skilled in print, online and mobile graphic design, comprehensive and complete software knowledge including, QuarkXPress, InDesign, Adobe Acrobat/Distiller, Photoshop, and Illustrator
- Proficient on both Mac and PC platforms
- Ability to prep files for print production, including file stuffing (.sitx, .sit, .sea, .zip) and FTP experience
- Professional, personable, approachable with great communication skills (both verbal and written)
- Ability to thrive under pressure in a fast paced, multi-faceted and deadline driven environment with strong attention to detail (typography, copy, grammar, layout, images, colour, etc)
- Must be a quick problem-solver, who initiates projects and takes a pro-active approach.
- Must be highly skilled at multi-tasking, prioritizing workload efficiently, and tracking ad material.
- Post secondary degree or diploma in Graphic Design (Print)
- 3+ years design experience within a media environment

Interested individuals who possess the skills described above are requested to submit their resume and cover letter via email to hr@metronews.ca no later than July 5, 2013. PLEASE QUOTE: "Graphic Designer - Calgary in the subject line. All submissions will be treated as confidential.

metro

Gobble gobble to a healthier burger

This recipe serves four. RICEINFO.COM

You'll flip over this re-invented, healthier burger.

Turkey, rice and water chestnuts create a tasty burger, further enhanced by Asian flavourings of ginger, soy and sesame and crowned with a sweet grilled pineapple ring.

1. In bowl, beat egg with soy sauce, ginger, hot sauce and garlic; mix in turkey, rice, water chestnuts and sliced green onions. Shape into four 1/2-inch (1 cm) thick patties.

2. Grill patties and pineapple slices, covered, on greased grill or in greased grill pan over medium-high heat, turning once, until pineapple is lightly charred, about 4 minutes, and until patties are no longer pink inside, about 10 minutes.

3. Sesame Mayonnaise: In small bowl, stir mayonnaise, sesame oil, mustard, soy sauce and vinegar to blend.

4. Split buns; toast on grill, if desired. Spread with Sesame Mayonnaise then pile on patties, lettuce, pineapple, tomato and onion.

RICEINFO.COM

Ingredients

- 1 egg
- 1 1/2 tbsp (22 ml) soy sauce
- 2 tsp (10 ml) grated ginger
- 1/2 tsp (2 ml) hot sauce
- 1 clove garlic, minced
- 1 lb (500 g) ground turkey
- 1 cup (250 ml) cooked and cooled U.S. brown rice
- 1/2 cup (125 ml) chopped drained water chestnuts
- 1/2 cup (125 ml) green onions
- 4 round slices fresh pineapple, peeled, cut 1/2-inch (1 cm) thick; core removed

Sesame Mayonnaise

- 1/3 cup (75 ml) mayonnaise
- 2 tsp (10 ml) sesame oil
- 2 tsp (10 ml) Dijon mustard
- 1 tsp (5 ml) soy sauce
- 1 tsp (5 ml) rice vinegar

- 4 each hamburger buns, leaves Romaine lettuce, slices tomato, slices red onion

Side dish. Macaroni Salad with Cherry Tomatoes & Mozzarella

1. Bring a large pot of water to a boil, season with salt and cook pasta 1 minute under required cooking time.

2. Drain and toss with 1 tablespoon olive oil and place on a sheet tray to cool down.

3. In a large bowl, combine all the ingredients together and gently toss them. Season with salt and pepper to taste.

NEWS CANADA/ BARILLA.CA

Ingredients

- 1 box Barilla macaroni
- 6 tbsp (70 ml) extra virgin olive oil
- 2 tbsp (20 ml) lemon juice
- 2 pints (594 g) cherry tomatoes, halved
- 2 balls (225 g) fresh mozzarella, diced
- 6 leaves basil, chiffonade
- Salt and black pepper

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Pricing in effect Thursday, July 4 to Sunday, July 7, 2013. Actual items may vary slightly from illustrations. Some illustrations are serving suggestions only. We reserve the right to limit quantities. GST is extra where applicable.

A few gadgets for staying cool

Summertime is officially heating up in most areas of the country. Keeping cool isn't all about hanging out in the local air conditioned shopping mall this summer. Enjoy your apartment and stay cool with some home-related gadgets to help lower the temperatures.

DESIGN CENTRE
Karl Lohnes
home@metronews.ca

Cordless fan/radio

Create soft music sounds through the breeze with the Gama Sonic Rechargeable Fan with Radio. It goes inside or out and is cordless. $85, homedepot.ca.

Iced coffee maker

Perfect for travel or small spaces, this tiny appliance will turn you into summer's favourite barista in just minutes. Personal Iced Coffee & Tea Maker, $25, hamiltonbeach.ca.

Cool pet mat

Have the coolest pet on the block! Non-toxic gel infused mat stays as cool as a stone floor without refrigeration. Sharper Image Cooling Comfort Pet Mat, $28, bedbathandbeyond.ca.

Air control

No central air conditioning? Try a year round saviour that cleans, dehumidifies, circulates and cools the air. Pinguino 4-in-1 Air Conditioner, $530, delonghi.com.

Cooling mattress

KoolComfort memory foam with an open-cell structure is more breathable, creating a cooler sleep surface. iComfort Genius Mattress, $1,600, sertacanada.com.

Frozen treats

Add low-fat yogurt or fruit juices to create guilt-free frozen desserts or, simply make rich, decadent ice cream! Cuisinart's Yogurt Sorbet & Ice Cream Maker, $110, thebay.com.

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With a pressing need for centres, Flames GM Jay Feaster may make a splash when unrestricted free agency opens Friday. BRUCE BENNETT/GETTY IMAGES

Feaster's Flames hot for free-agent centres

NHL. Calgary GM could be quick to add to his club when market opens Friday at noon

Calgary Flames general manager Jay Feaster expects players to fly off the shelves when unrestricted free agency opens Friday.

As part of the new collective-bargaining agreement, NHL general managers were able to enter into talks with players Wednesday instead of having to wait until noon ET on Friday when the bell rings to open the UFA market.

With cap space and a desperate need for centres, Calgary could be one of those teams out of the gates quickly Friday.

"I think that's the effect here of this 48-hour period," Feaster said Wednesday. "Some guys will have agreements in principle here over the next day or two. Once you're able to sign and register the contract on the fifth, it will happen very quickly.

"We've had conversations already. It's been a busy day in terms of first thing this morning starting to talk with agents and getting a sense of players we've targeted. Are they thinking of re-signing with their old teams, or are they going to look at other offers and if so, what kind of a term are they thinking about? You just have those conversations and keep having them right through July 5."

Teams up against a salary cap that will drop from $70.2 million to $64.3 million next season will need to shift bodies. According to capgeek.com, the Flames currently have almost $17.5 million in cap space to work with for 2013-14.

THE CANADIAN PRESS

Centres of attention

Stephen Weiss, Mike Ribeiro, Derek Roy, Valtteri Filppula and Patrik Elias are among the centres scheduled to enter unrestricted free agency.

- "We have our list of centres we've identified and we've started that process and the ones we want to have conversations with," Feaster said. "We also think there are still some opportunities to acquire centres by trade."

CFL

Simon ruled out for Riders-Stamps tilt

Geroy Simon's much-anticipated debut with the Saskatchewan Roughriders will have to wait another week.

Head coach Corey Chamblin announced Wednesday that Simon, a key off-season acquisition, won't play Friday in Saskatchewan's home opener against the Calgary Stampeders. Simon missed the Riders' season-opening 39-18 win over the Edmonton Eskimos with a leg injury.

Simon was part of two Grey Cup-winning teams and a six-time all-star over 12 seasons in B.C. But he missed five games last year with hamstring ailments that limited him to 54 catches for 700 yards and two TDs.

THE CANADIAN PRESS

MLB

Sloppy Jays no match for Scherzer

The Toronto Blue Jays needed to be in top form with unbeaten starter Max Scherzer on the mound for Detroit on Wednesday night.

Instead they turned in a sloppy effort and the Tigers made them pay.

Scherzer won his 13th straight decision and Alex Avila hit a three-run homer as the Tigers defeated the Blue Jays 6-2 in Toronto. The Blue Jays made three errors on the night, leading to five unearned runs.

Scherzer (13-0) allowed seven hits, two earned runs and had eight strikeouts over 6 1/3 innings.

THE CANADIAN PRESS

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Horoscopes

♈ Aries
March 21 - April 20
Let your heart point you in the right direction — and don't hesitate to follow where it leads. If you're bold, something out of the ordinary will happen over the next 24 hours.

♉ Taurus
April 21 - May 21
You won't get a lot of free time today but what you will get is the chance to impress people in positions of power with your can-do attitude. Don't wait to be asked to do something — show initiative.

♊ Gemini
May 22 - June 21
You may think you can do as you please with no consequences but you are fooling yourself. Today's Sun-Uranus link warns that where there are actions there are also consequences — always.

♋ Cancer
June 22 - July 23
Petty squabbles could easily get out of hand today so make sure you control your temper, no matter what the provocation. Others may stoop to devious methods but you are made of nobler stuff, hopefully.

♌ Leo
July 24 - Aug. 23
This is a good day for those born under the lion sign. And if you make an effort to socialize, it could be a great day. Meeting new people will brighten your life in numerous ways.

♍ Virgo
Aug. 24 - Sept. 23
If you feel that you are being sold short in any way, you must kick up a fuss. The planets warn you will only get what you deserve if you stand up for yourself. Make noise.

♎ Libra
Sept. 24 - Oct. 23
The Sun squares up to changes planet, Uranus, across important angles of your chart today. If you expect the unexpected, it's unlikely you will be disappointed. Stay as flexible as possible.

♏ Scorpio
Oct. 24 - Nov. 22
Don't waste your time arguing with people who think they know everything. They have their way of looking at life and you have yours, and neither of you will convert the other.

♐ Sagittarius
Nov. 23 - Dec. 21
Someone will encourage you to do something outrageous today and although you may be tempted to give it a go, you know that if it goes wrong, it's you who will suffer. So don't.

♑ Capricorn
Dec. 22 - Jan. 20
Someone important is expecting you to deliver on a promise and you must not let them down. You may have to burn the candle at both ends to get it done but it's a sacrifice worth making.

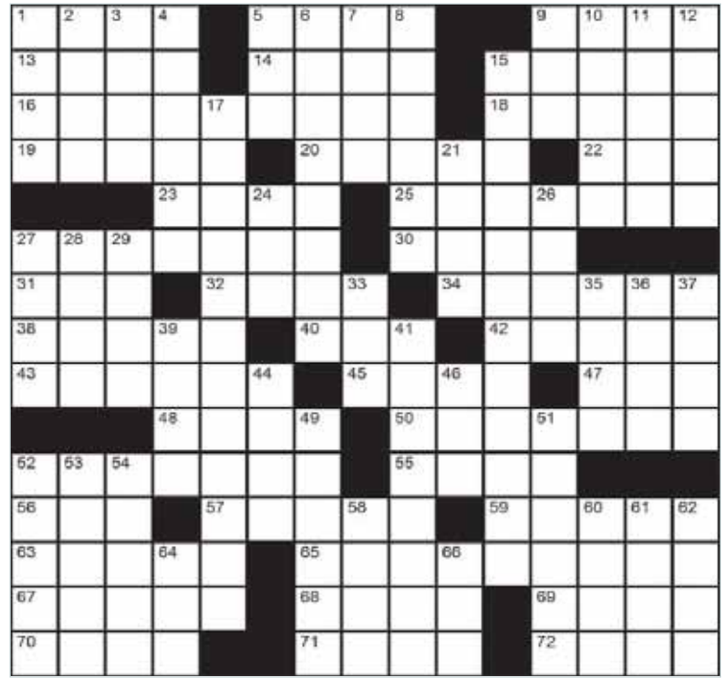
♒ Aquarius
Jan. 21 - Feb. 19
You may wish you could escape your responsibilities but with the Sun squaring up to Uranus, your ruler, today that won't be possible. There are things you have to do and the time to do them is now.

♓ Pisces
Feb. 20 - March 20
Keep an open mind today no matter how crazy some of the things you are told may sound. Just because they sound crazy doesn't mean they can't be true. Think outside your mental boundaries. SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

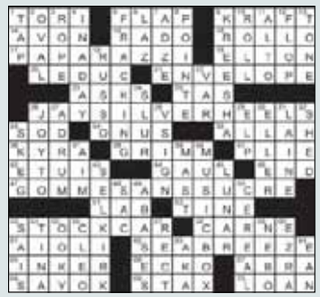
BY KELLY ANN BUCHANAN



Across
1. Big amount
5. Journey
9. Unluckily
13. Sad bio
14. Famous painting, with Lisa
15. Canadian satire magazine
16. Start business operations: 3 wds.
18. Prefix with 'arthritis'
19. Secretarial skill, shortened
20. Old roads of Rome
22. Red Rose product
23. Double
25. Toronto-born comic/actor Mr. Peters
27. Actor, Louis __ Jr.
30. Annoyed state
31. In times past
32. Dentistry fear, __ canal
34. Ms. Redford, Premier of Alberta
38. Eve __, Jan Brady's portrayer: 2 wds.
40. Tom Mulcair's pol. party
42. Heavy construction lifter
43. Soap Opera, for one
45. Mr. Hudson aka Slash
47. 'Electron' suffix
48. Unappealing food serving
50. They're of little importance
52. "All over __ __ / At Waimea Bay..." - The Beach Boys, "Surfin' USA"
55. Curt content
56. Ms. Lupino
57. "__ __ favour, say 'Aye'."
59. Hot __ (Sundae stuff)
63. Bland
65. Scoots over: 2 wds.
67. "Jumping jelly beans!"
68. Early filmdom's Mr. Jannings
69. "__ '70s Show"
70. Lion lairs
71. Military level
72. Made by milliners

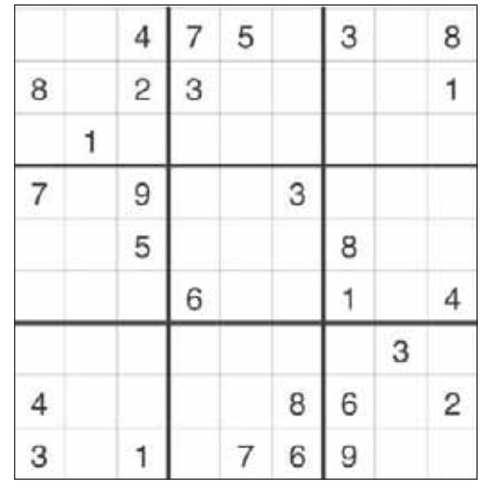
Down
1. Toronto neighbourhood, __ Park
2. Help with the heist
3. Place
4. Daring movie feats
5. Brand symbols, e.g.
6. Canadian writer Mr. Mistry
7. When sports ties might be broken, __ __
8. Documents, reports, etc.
9. MGM's motto, __ Gratia Artis
10. Coffee order
11. Slippery as __ __
12. Toast in a tavern!
15. Joggins __ __ (UNESCO World Heritage Site in Nova Scotia)
17. Songs for Celine Dion: 2 wds.
21. __ __ race (Do the 10K, for instance)
24. "What was __ __ do?"
26. "__ Crazy" (1980)
27. Spaces
28. Really look
29. Like unfresh milk
33. CFL feats
35. Be boating
36. Grimm opener...
37. Scotland's famed Loch
39. Soybean paste
41. Mandy of TV series "Homeland"
44. Lounge around
46. Vase
49. Golfing great Arnold
51. "Born on the __ of July" (1989)
52. Existed
53. Smart saying
54. Tokyo's locale
58. "__ __ Rock" by Simon & Garfunkel
60. Qatar's capital
61. Bearded animal
62. 911 respondents
64. Personal proofs, puny-ly
66. Wapiti

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



Yesterday's Sudoku

6	5	2	3	4	8	7	9	1
9	1	8	2	7	5	3	4	6
4	7	3	9	6	1	5	2	8
1	6	7	5	8	2	9	3	4
3	8	9	4	1	7	2	6	5
5	2	4	6	9	3	1	8	7
7	3	6	1	2	4	8	5	9
2	4	1	8	5	9	6	7	3
8	9	5	7	3	6	4	1	2

Weather

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